

# FIT-CENTIVE PERSONAL TRAINING

50-Minute Sessions



## ONE-ON-ONE: NEW CLIENT PACKAGES

Sessions	Per Session	Total Package Price
4	\$95.00	\$380.00
8	\$90.00	\$720.00

## ONE-ON-ONE: PURE POTENTIAL PACKAGES

Sessions	Per Session	Total Package Price
1	\$110.00	\$110.00
4	\$99.00	\$396.00
8	\$95.00	\$760.00
12*	\$85.00	\$1,020.00

## TWO-TO-ONE: TEAM-TRAINING PACKAGES

Sessions	Per Session	Total Package Price
1	\$80.00	\$80.00
4	\$75.00	\$300.00
8	\$70.00	\$560.00

Packages expire within 10-weeks (2.5) months after the date of the first session. \*12-session packages require a commitment of 2-sessions weekly, for 6 weeks.; expires after 6 weeks.



**COLLEGE OF SAN MATEO**  
**ATHLETIC CENTER**

*Your community connection to education and fitness.*

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50-Minute Sessions



## Your Community Connection to Education and Fitness

SMCCCD Community Fitness Personal Trainers apply science-based, integrated rationale to programs designed to meet your specific health, wellness, physical and sports performance goals.

## Personal Program Plans

Our Certified Personal Trainers design custom exercise plans tailored to your unique needs, ensuring efficient and effective progress.

# CALL OR EMAIL TODAY



[phamm@smccd.edu](mailto:phamm@smccd.edu)  
(650) 378-7380  
[comfit.smccd.edu](http://comfit.smccd.edu)

New members also receive a complimentary 50-min Fitness Assessment with one of our Certified Trainers.  
Book yours at [bit.ly/csm-ac-fa](https://bit.ly/csm-ac-fa).



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